

# Community Education Classes and Support Groups

Chandler Regional and Mercy Gilbert Medical Center are proud to offer a variety of educational classes for prenatal, baby care, and child safety classes. In addition, we offer free support groups for pregnant women and mothers. For additional information, including class availability, fees and locations, please call the ResourceLink at (480) 728-5414 Monday through Friday from 8 a.m. to 5:30 p.m.

## Birthing Classes

Our childbirth classes are for expectant mothers and their coaches. The class topics include the late stages of pregnancy, labor, birth and what to expect the first few days after birth. The stages of labor, when to go to the hospital, pain management options, breathing and relaxation techniques will also be covered. The class is offered in three different formats:

### CHILDBIRTH PREPARATION

A four-week series that meets once per week.

### PRENATAL SEMINAR

A series that meets over two consecutive Saturday mornings or weekday evenings.

### EXPRESS CHILDBIRTH PREPARATION

Meets on a Saturday from 8:30 a.m. – 4:30 p.m.

### TEEN CHILDBIRTH PREPARATION CLASS

This **free** four-week course for expectant teen moms and their coaches covers the same topics as the Childbirth Preparation class. Information on child safety seats, tips on reducing SIDS and focusing on life goals will also be covered. A Boot Camp for New Dads breakout session is included for teen dads.

## Community Education Classes

### THE ART OF BREASTFEEDING

Expectant mothers will learn about the advantages of breastfeeding in this three-hour course. Topics include common breastfeeding challenges, baby's feeding cues, initiating breastfeeding, milk production and storage, and problem solving skills.

### BABY YOUR BABY

In this interactive newborn care class, parents will learn tips and techniques for feeding, burping, bathing, swaddling and caring for their newborn. Important topics such as baby care basics, SIDS, and when to call the pediatrician are also covered in this three-hour course.

### KEEPING KIDS SAFE

Participants will learn infant, child and adult CPR and choking protocols from a qualified American Heart Association instructor. This four-hour course will also cover home safety and information on child-proofing your home. *Participants do not receive a CPR certification.*

### SAFE SITTER

This one day course is a medically accurate program for adolescents between the ages of 11 and 13. Attendees will receive hands on practice in basic lifesaving techniques, including CPR, from trained Safe Sitter® instructors, so they are able to respond to crisis situations. Students will also receive tips to help them understand the developmental differences in children and become confident caregivers.

*Participants do not receive a CPR certification.*



## FREE CAR SEAT CLINIC

In partnership with Chandler Fire Department, Chandler Regional Medical Center offers free child safety seat inspections.

Registration is required, please call **(480) 782-2046** for an appointment (you do not need to be a Chandler resident).

Gilbert Fire Department offers free child safety seat inspections. Registration is required, please call **(480) 503-6300** for an appointment (you do not need to be a Gilbert resident).

## FAMILY BIRTH CENTER TOURS

To schedule a tour of the Family Birth Center at Chandler Regional or Mercy Gilbert, please call the ResourceLink at (480) 728-5414.

## WIRED FOR SUCCESS®

This four-hour workshop developed by the New Directions Institute (NDI) for Infant Brain Development is for new and expecting parents, caregivers and interested community members. This workshop is fun-filled, with hands-on experiences that demonstrate how critical a caregiver's role can be in wiring up a child's development.

To register for this class or for additional information, please call **(602) 371-1366 ext. 2224** or go to [newdirectionsinstitute.org](http://newdirectionsinstitute.org) and click on Free Workshops.

## SUPPORT GROUPS

### BREASTFEEDING SUPPORT GROUP

Meetings are facilitated by registered nurses and board certified lactation consultants who provide support to breastfeeding moms during their baby's first year of life. Moms have the opportunity to meet other breastfeeding moms and share feeding challenges. *Support groups do not meet on major holidays.*

**Chandler Regional Medical Center** – Weekly on Wednesdays at 11 a.m.

**Mercy Gilbert Medical Center** – Weekly on Fridays at 10 a.m.



[ChandlerRegional.org](http://ChandlerRegional.org) | [MercyGilbert.org](http://MercyGilbert.org)



## T.E.E.N.S. 4 TEENS SUPPORT GROUP

Pregnant (34 weeks gestation and greater) and parenting teen moms are welcome to attend. This new group provides teen moms empowerment through Teen Education, Encouragement, Networking and Support. The new moms group will concentrate on creating and assisting with positive goals and healthy life outcomes through interactive activities for this unique population. Babies are welcome. Registration is not required.

Chandler Regional Medical Center – Meets every Thursday from 6 to 7 p.m.

## POSTPARTUM DEPRESSION SUPPORT GROUP

For pregnant and new mothers who are experiencing depression and adjustment challenges, the number one complication of childbirth. Come learn coping mechanisms and how to ask for help in a safe and non-judgmental environment.

**Registration is not required.** Child care is provided during the group sessions for children up to preschool age. You are welcome to bring your significant other or support person. *Support groups do not meet on major holidays.*

**Chandler Regional Medical Center** – Wednesdays from 1 to 2:30 p.m. in the Morrison Building.

Arizona Postpartum Wellness Coalition Warmline:  
**(888) 434-MOMS (6667)**